

My First Triathlon

Your **7DAYS Urban-Ultra Triathlon** starts with the swim (750m), then the bike (20k) and finishing with a run (5k) in this order.

The first thing to remember is to enjoy the event. It is not a race for everyone and if it is not a race for you – remember to have fun! Push it hard if you feel like it – if you don't that's ok.

- 1. Park your car and take your bike and equipment to the transition area indicated on the map. (If you are collecting your race pack on the day – there will be someone outside the gate to collect your money and give you your Goodie bag).**
- 2. Rack your bike, put your gear down beside it and locate the “Registration Sign In” to collect your Race Number. Try to be economical with the space you take on the rack – there are many people to fit into a small area – please be considerate. Not everyone will be in the transition area at the same time, so you will have plenty of breathing space when your turn comes.**
- 3. Take a look at the course map and familiarise yourself with the route.**
- 4. Relax and do some kind of warm-up. There will be a 10 minute warm-up session from the Fitness First guys at 2.30pm. Enjoy it and wait for the announcement to take your places on the start line on the beach!**

Recommended equipment to bring

Swim - Swimsuit, goggles, towel (wipe your feet, sit on in transition area, dry off), sunscreen, a bucket for water to rinse the sand from your feet, swim cap.

Bike - Helmet (Compulsory!) You will not be allowed to ride without a helmet. Bike shoes or trainers, socks, jersey or singlet (Men you must wear a shirt – no bare chests please), sunglasses, water bottle, spare tubes, tool kit, and a pump. (Please make sure your bike is in good working order by taking it to your local bike repair or maintenance store – Mountain, hybrid and road/triathlon bikes are all okay). Pump your tyres and give your bike the all clear at home – this will save you a job on race day.

Run - Running shoes, shirt, socks, sunglasses, hat/visor

Misc. – Watch or heart rate monitor, you will be issued with a race number and Park Pass for entry, race information (course map), identification, money, fluid replacement drink, energy food, warmer clothes. (Tights, jacket). It gets a little cold in the evening, especially after exercise and the sun has set, so a fresh jumper and dry shirt would be recommended.

During the Race: As far as race etiquette is concerned you must try to be considerate of everyone throughout the event. Please be aware that there are professional athletes on the course as well as some very talented and serious amateurs – please try to remember that for them it is a race and we must if possible, give them priority access. Everyone is important in the race and they will and should show you the same respect, however, where possible, allow them to come past you without hindrance. Ask questions of the athletes around you and watch what other people are doing and how they are preparing – many people have done many races and have preparation down to a fine art.

Here are some helpful suggestions.

- Plan and pack what you are going to wear and use during the race the night before. Create a checklist to make sure you haven't forgotten anything.
- Arrive early enough to the race site so you can look around the course and the

transition area. 30 minutes is not enough – for anyone. Arrive at least an hour before to get prepared without getting stressed. Your first triathlon may be nerve racking enough without giving yourself extra stress. The car park is going to be very full due to regular park visitors – we have a limited number of reserved spaces (80), however, once these are full, you will have to find alternative parking at Wonderland or Gate 7) Please see the map of the Creek Park area to confirm their locations.

- Leave more time than you think you will need for setting up in the transition area, warming up and waiting in line for toilets.

- Swim starts can be scary, especially if you are not used to swimming in crowds. Be prepared to be pushed, shoved even kicked or swam over. If you feel nervous about the close body contact, start off the side or the back of the pack. Buoys can be difficult to see when you are in the water, not like looking at them from the shore line, so look up every once in a while to make sure you are swimming straight. If you feel like you are panicking or too tired to continue, lie on your back and float. If you can, take off your swim cap and wave it in the air. A lifeguard will come and get you. The most important thing is to remain calm. If you are just feeling tired, by all means, you can just take a rest at a nearby kayak. When you feel rested you may proceed with the race. You will not be disqualified for outside assistance. Safety always comes first.

- Take your time in the transition. Televised triathlons may look hectic but these guys are the pros! Frantic and hurried transitions generally encourage mistakes or forgotten equipment unless you are experienced. The extra few seconds you may gain rushing around will probably not be the difference between winning and losing. Take your time and make sure you have not forgotten what you need and take a drink as well as a few deep breaths!

- There is no place to change in transition, so be prepared to bike and run in your swimsuit. If you are self conscious, bring a shirt to put on over your suit. You may choose to swim and bike and run in the same outfit without changing – make sure the materials are light and easily dried so that you are not soggy throughout the race.

- Next is the bike transition. Start thinking about what order you will put your gear on as you are exiting the water. Remember to buckle your helmet before you get on your bike. The bike must be taken off the rack and wheeled on foot to the MOUNT line – You must not mount your bike in the transition area or until you cross the MOUNT line. For your own safety and that of others, it is very important to mount and dismount your bike when told to do so by a Marshal. Please DO NOT ride your bike whilst wearing headphones/MP3 Player. It is very dangerous to ride a bike without being able to hear traffic, Marshal/Police instructions and other riders on the course.

- For the first km or so on the bike, spin an easier gear. This is to get your legs used to going in circles instead of up and down like the swim. Get aerodynamic as soon as you can. Take care on the bike – if you are not used to riding with other people, try to keep to the right. Other people will pass from your left shoulder – do not pass people on the inside.

- Concentrate on the one person ahead of you. After you pass them, start going after the next person ahead of you. Avoid riding along side of someone at their speed – either pass or back off, as people have a tendency to group up and form packs. This is called drafting and is illegal in most races including this one.

- Make sure you drink fluids. Take a full water bottle with you on the bike and make sure it is empty by the time you start the run. You can also drink too much. Rather than drinking lots in one go, take small mouthfuls every 10 minutes. The run has two hydration points – one on each end so you will not need to carry water with you on the run. Most people cramp up or slow down not because they run out of energy, but because they are dehydrated.

- Starting the run your legs will probably feel heavy and stiff. Try shortening up your stride to get your muscles moving.
- The run is the final stage... Keep positive thoughts and finish strong. Try to smile, you never know when a camera is on you. Remember, you can always walk if you feel you cannot continue at a run pace. Walk and run if you feel more comfortable.
- Last but not least, have fun! Triathlons are only as hard as you make them. If you train properly, you'll stay healthy, be competitive, and probably end up finding training is just as fun as racing.
- If you are part of a team – the Race number will be passed along the team members like a relay baton. The swimmer will exit and run to the bike partner and hand over the number. The number should be properly worn around the waist. When the bike leg is finished the cyclist will come back to transition to hand over the race number to the runner. The number must be visible at all times – on the front when you reach the FINISH line please. We need to be able to see this to log your time.
- Finally, please listen to marshals, security and police instructions – they are there for your safety, NOT to slow you down.

PLEASE REMEMBER TO HAVE FUN!